

## ABSTRACT

The invention relates to a method of wetting and/or dissolving a substance contained in a capsule for producing a beverage consisting, by means of a piercing and injection element, in piercing the capsule and injecting a liquid under pressure into the capsule to wet and/or dissolve the substance; the piercing and injection element being arranged so as to inject the liquid into the capsule in the form of at least one thin layer extending in a continuous, divergent and multidirectional manner, covering a spray surface in an arc of a circle inside the capsule. The invention also relates to a device comprising a flow channel and a valve designed to close off the channel in a first position, called the rest position, and to open under the effect of the pressure from the liquid against an elastic element so as to free a passage as a function of the pressure and thus create the thin layer of liquid.